



**What:** An evolutionary health, nutrition and wellness series brought to the USAG Stuttgart community by the EFMP & the Patch Health Clinic Dietician

**Who:** Open to all USAG Stuttgart Community ID Card Holders

**Time:** Last Monday of every month  
(Except May, June & July)  
11:30-12:30 hrs

**For More Information**  
Please call ACS at  
DSN 431-3362  
Civ. 07031-15-3362

**Where:** ACS, Bldg. 2915,  
2nd Floor, Room 226- Panzer Kaserne



# WIC Overseas

The WIC Overseas Program provides several important benefits to help you and your family lead healthier lives.

Program services are provided to eligible participants overseas:

- *Infants*
- *Children*
- *Pregnant Women*
- *Postpartum Women*
- *Breastfeeding Women*

- **Active Duty Military & their Dependents**
- **DoD Civilian Employees & their Family Members**
- **DoD Contractors & their Family Members**

*To see if you qualify for services, please contact our office:*

**WIC Overseas - Stuttgart**  
Panzer Kaserne  
Building 2915 Room 311  
DSN: 431-3351  
CIV: 07031-15-3351





# **WIC OVERSEAS**

**Nadine Ugalde RN, BSN**

## **WHAT IS WIC OVERSEAS?**

**WIC Overseas is a nutrition education and supplemental food program that aims to improve the overall health and wellness of families**



## **WHO IS ELIGIBLE?**

- **Active duty service members and their dependents**
- **DoD civilian employees and their dependents**
- **DoD contractors and their dependents**

## **WHO CAN ENROLL?**

**There are 5 categories of participants who are eligible  
for the**

### **WIC Overseas Program:**

- **Pregnant Women**
- **Breastfeeding Women** (up to infant's first birthday)
- **Post Partum Women** (non-breastfeeding) (up to 6 months)
- **Infants**
- **Children up to 5 yrs**

## WHAT ARE THE BENEFITS?

- **Basic nutrition and health screenings**
- **Drafts to be redeemed for nutritious foods**
- **Access to resources & tips that help you and your family lead healthier lives**
- **Healthier birth weights for babies**
- **Reduced anemia rates for children**
- **Breastfeeding support**
- **Breast pump loan program**

## WHAT IS ON A WIC FOOD PACKAGE?

### BREASTFED INFANTS

- **Iron fortified cereal**
- **Infant fruits and vegetables**
- **Infant meats**

### NON-BREASTFED INFANTS

- **Iron fortified infant formula**
- **Iron fortified cereal**
- **Infant fruits and vegetables**

Special Formula or Medical Foods may be available with a medical provider's prescription

### WOMEN AND CHILDREN

- **Milk, cheese, and eggs**
- **Fresh fruits and vegetables**
- **Vitamin C- rich fruit/vegetable juice**
- **Iron fortified adult cereal**
- **Whole grain bread or brown rice**
- **Peanut butter**
- **Canned, frozen, or dried beans**
- **Canned tuna/salmon/mackerel (breastfeeding women only)**



## FOOD PACKAGE EXAMPLES



## FOOD PACKAGE EXAMPLES



**TO FIND OUT IF YOU QUALIFY**

**Call or Come in to Your Local  
Office**

**Panzer Kaserne**

**Building 2915 Room 311**

**(Right outside the USO)**

**DSN:431-3351**

**CIV:07031-15-3351**